

## Missouri Commodity Supplemental Food Program Food Package

COMMODITY		SENIORS	INFANTS & CHILDREN				MOMS	
Food Type	Package size	60 yrs & over	0-3 mos.	4-12 mos.	1 yr old	2-6 yrs	Pregnant or breastfeeding	Non-breastfeeding postpartum
Canned Meat	29 oz.	1			1	1	1	1
Canned Vegetables	16 oz.	4			4	4	6	4
Canned Fruits	16 oz.	2			2	2	4	2
Cereal	Varies	1			1	1	1	1
Cheese	2 lbs	1			1	1	1	1
Pasta or rice or potatoes	2 lbs	1			1	1	1	1
Dry Beans	1 lbs							
OR		1			1	1	1	1
Peanut butter	18 oz.							
Dry Milk	1.8 lbs.	1				1	1	1
Evaporated Milk	12 oz.	3			33	5	11	3
Juice, 100%	46 oz.	3			4	4	5	3
Infant Formula 14 oz powder			9	9				
Infant Cereal	8 oz.			2				

For income eligibility information, distribution site location and other information about the Commodity Supplemental Food Program, call 800-733-6251, e-mail [ramboj@dhss.mo.gov](mailto:ramboj@dhss.mo.gov), or visit <http://www.dhss.mo.gov/csfp/>

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.